

KI'S BAJAN CURRIED CHICKPEAS

INGREDIENTS

- 1 can chickpeas
- 1/2 cup coconut milk (or cashew or oat milk)
- 1 large shallot chopped.
- 2 sprigs scallions sliced.
- 3 garlic cloves minced.
- 1 tsp fresh ginger minced.
- 3 medium tomatoes chopped.
- 1/2 cup warm water
- 1 tsp olive oil
- 3 sprigs fresh thyme (1tsp dried)
- 1/2 tsp each cumin, coriander & turmeric
- 1/2 tsp black pepper
- 1 small, sweet potato chopped
- Salt to taste



DIRECTIONS

1. Rinse the chickpeas several times and set aside.
2. Add the olive oil to a skillet set on medium and add the shallot, garlic and ginger to the pan and sauté until soft and shallots start to turn translucent.
3. Sprinkle on the cumin, coriander, turmeric and add a splash of warm water.
4. Cook for a few minutes then add the tomatoes and 1/4 of the water.
5. Mix well and cover the pot. Cook for 5 min.
6. Add the chickpeas making sure to drain off the water first.
7. Add the coconut milk and the rest of the herbs and spices (except the scallions).
8. Add the sweet potato and stir.
9. Cover and bring to a boil and cook for 20 minutes until the sweet potato is soft but not mushy.
10. Make sure to check the seasoning and add if needed and make sure there is enough water so nothing sticks and is a stew consistency.
11. Sprinkle with scallions and serve in a pita with coleslaw or on cooked whole grain.

Note: This dish freezes and reheats well.

Serves 2 PREP TIME: 20 MIN COOK TIME: 20 MINS

This will be served with a bok choy fried rice and stir-fried veggies - no recipe ahead of time for those. If your planning to cook along please ensure you have these items on hand as well as the ingredients above; basmati rice, frozen chunky vegetables, tamari sauce, garlic, ginger, cilantro, maple syrup.